

# Baseball Throw: Outfielder

## Cognitive Stage

Drill: Throwing and Catching between two people, short distance apart

- Ensure that whole arm is being used, not just wrist
- Follow through where you want it to go
- Get a feel of how to catch the balls
- When throwing, put weight on lead foot to increase power
- Hold ball with two fingers and thumb

## Associative Stage

Drill: Hit grounders at person to different parts of field, use a variety of ground balls and fly balls

- Ensure they know how to field/catch fly balls
- Use Squatting stance for grounders
- Get under ball for fly balls
- Get them to adjust and throw at a certain target (1st and 5th position or cut-off)
- Target stays the same
- Ensure they position their body towards the target to make sure it goes in the right direction

## Autonomous Stage

Drill: Hit grounders at person to different areas, get them to throw to moving target (Target = person)

- Each time, the target will be moving to a different position
- Get the person repetitions of adjusting position to throw to the right spot
- The stage represents a combination of everything they've learned

### Basketball Drills

#### *Drill #1- Cognitive stage*

##### **Bounce and chest pass against the wall**

The first thing players need to do when they receive the ball is place their hands each side and slightly behind the ball, with their fingers comfortably spread. The ball should be held in front of the chest with the elbows tucked in (or out, depending on the coach). Maintaining a balanced stance with feet shoulder width apart is also important when trying to control the pass.

The next stage is to locate the target, but try not to look directly at it, as this would make it easier for opponents to read and intercept the pass. The next phase is executing the chest pass, here players need to step in the direction of the pass, through extending their legs, back, and arms, this will create the majority of the power needed. The wrist and fingers should then be forced through the ball to create more power, and help guide the ball to the target. Make sure the ball is released off the first and second fingers of both hands, and follow through to finish up with the arms fully extended, fingers pointing at the target and palms facing the floor.

For a bounce pass, aim the ball slightly in front of the wall so it hits the wall at an appropriate angle for it to come back to you.

Remember to cradle the ball when you're receiving it, to help absorb any shock.

##### **Common Faults:**

Pass misses the target:

This often occurs when a player's dominant hand overpowers the weak hand, as the ball travels in the direction the fingers send it. It can also occur if players do not square up to the target correctly. Concentrate on forcing the weak hand through the ball and lining up correctly with the target.

Pass falls short:

This usually occurs when players don't create maximum force by stepping into the shot and extending the legs, back, and arms. Push the wrists and fingers through the ball. Concentrate on over exaggerating all these actions even on short passes.

#### *Drill #2- Associative stage*

##### **Passing with a friend**

Stand 3m away from your partner. One partner starts with the ball at chest level, aiming to follow all of the important steps as laid out in drill #1. Begin to shuffle sideways down the court,

making sure you stay parallel to your partner. Begin to pass the ball down the court, using the bounce pass or chest pass. Make sure you aim the ball to where your partner is going to be, not where they are.

**Key things:**

Eyes up, focus on where your partner is going, not where they are.

Always stay moving.

**Drill #3- Autonomous stage**

**“Monkey in the middle”**

The aim of this drill is to improve passing and receiving. At least two other people will be required to do this drill.

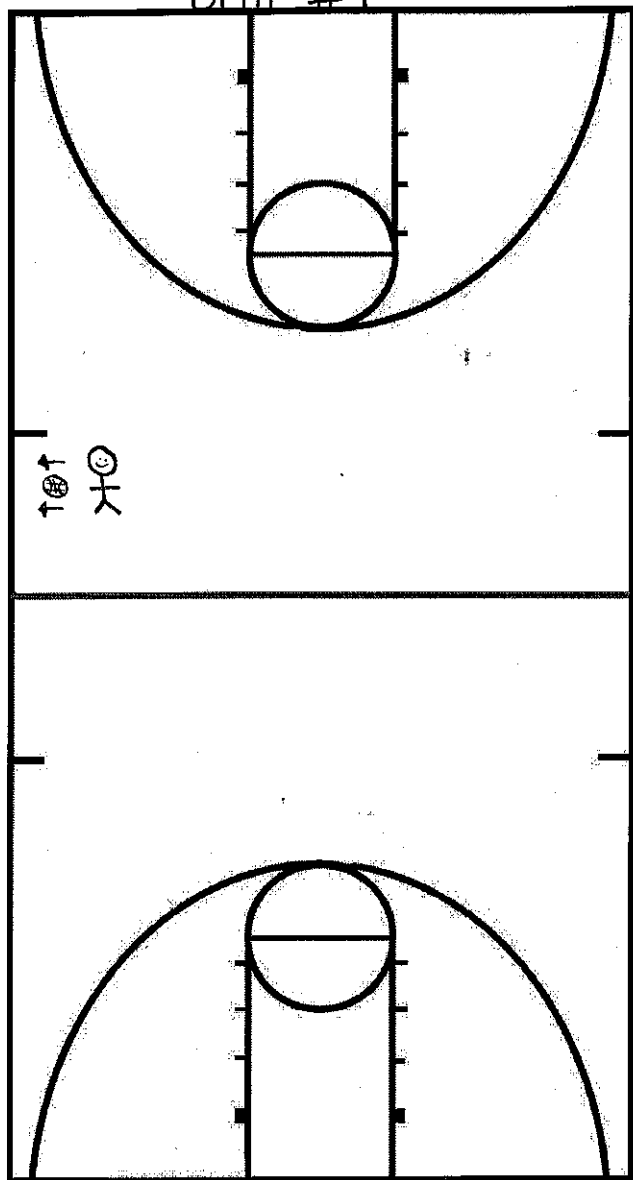
Begin with one person in the middle (#1), and two people on either side of #1 (#2 and #3). Player #1 is trying to take the ball away from #2 and #3, while the other two players work to pass around player #1. The objective of this drill is to use both the bounce pass and chest pass to successfully keep the ball away from the person in the middle. The player in the middle has to try and intercept the pass, if the pass is intercepted the passer must go in the middle and the player in the middle moves to the outside.

**Key things:**

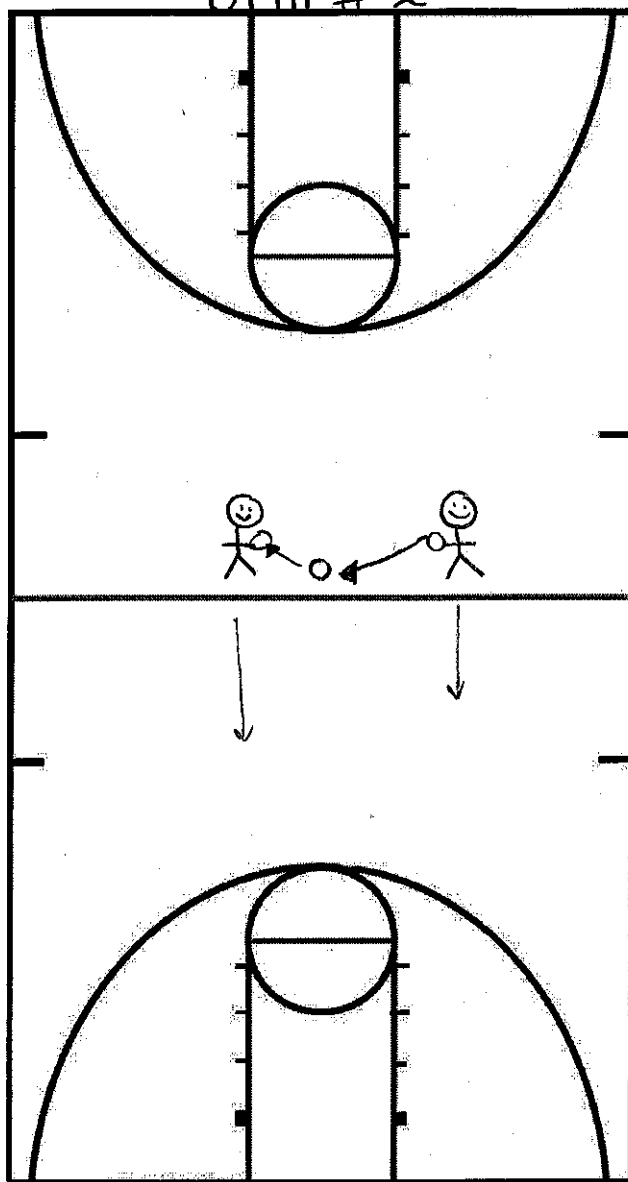
When using the chest pass keep the elbows in, and the hands slightly behind the ball in a relaxed handshake position. Step in the direction of the pass then extend the knees, back and arms forward and release the ball. On the follow through arms should be extended, palms facing down and fingers pointing to the target.

Again the action of the bounce pass is similar to the other 2 passes, however with the bounce pass, the ball should be held at waist level, and the ball should bounce about 2/3rds of the distance to the target.

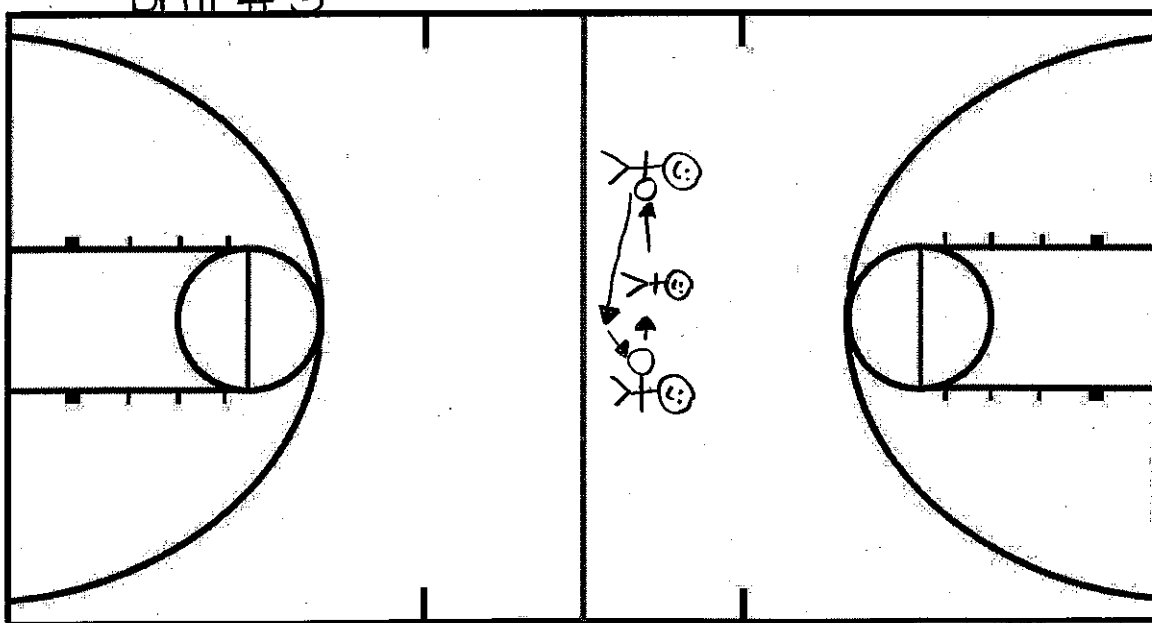
Drill #1



Drill #2



Drill #3



# Soccer - Penalty Kicks

- Drill 1: - be square to the ball (a few feet away)  
(cognitive) - plant non-dominant foot beside the ball
- \*shoot on open net
- Kick with dominant foot (flexing and extending knee)  
\*don't golf swing leg\*
  - make contact with the ball with inside part of your foot to the middle of the ball
  - follow through to full extension

- Drill 2. (associative)
- \*shoot on target in net (changing the target placement)
- depending on where you want the ball to go...
  - adjust approach to ball (ex: take 2 steps back, approach at an angle)
  - look where you want the ball to go (not at the ball)
  - adjust ball contact point (ex: find certain spot on the ball, if you want to loft the ball lower contact point)
  - fluid motion (ensure lots of power is being put into ball without compromising accuracy)

- Drill 3. (autonomous)
- \*shoot on goalie
- introduce a goalie
  - turn into competition (so that player is put into a situation with pressure)
  - practice in different weather conditions (wind, rain, etc.) as well as on

